

CAFE



PIES

Allergen Resource Guide

AUGUST 2016





Welcome to Shari's

When friends and families gather at Shari's, they know they'll get two things: impeccable service, and amazing regional foods deliciously prepared. We serve up both throughout the Pacific Northwest, 24/7, 365 days a year. Please, enjoy.

SHARI'S CARES

Here at Shari's, we care deeply about our guests. We also care about our employees and their happiness. It's a source of pride for us that our employees live and work right in the communities they serve.

EXCEPTIONAL FOOD, WITH A LOCAL FLAVOR

Whenever possible, we source our foods and ingredients from regional farms and suppliers. Whether it's berries or beef, we strive to find the very best. We know our local farmers and ranchers. We support them. And your taste buds benefit.

Shari's LiteStyles®

Menu items for guests seeking healthier food preparation



Shari's takes pride in always providing you healthy, home-style cooking. For our guests looking for a lighter, healthier dining experience, Shari's offers its LiteStyles™ menu. Look for the LiteStyles symbol throughout our menu.

Here are some recommendations on making your Shari's visit a healthier experience.

Our LiteStyles service means you can choose most of your favorites in variations which ensure that you're meeting your dietary needs, whether it's Low Calorie; Low Fat; Low Sodium; or Gluten Free, we have options.

Here are just a few ways we can prepare your meals for a healthier lifestyle:

- Choose to have your eggs prepared with egg whites or low-cholesterol eggs for any of our egg dishes
- Choose one of our low-calorie or low-fat salad dressing for any of our salads -- or order your dressing on the side
- Choose fresh fruit as a side item for any of our breakfast, lunch or dinner entrées.



Look for our LiteStyles symbol throughout our menu.

For more information on our nutritional content visit our website at Sharis.com



ALLERGENS

Breakfast

	Egg	Fish	Milk	Pnut	Sfish	Soy	Tnut	Wht
Breakfast Strawberry Cannoli	X	0	X	0	0	X	0	X
Buttermilk Pancakes	X	0	X	0	0	X	0	X
French Toast	X	0	X	0	0	X	0	X
Waffle	0	0	X	0	0	0	0	X
Add Butter & Syrup	0	0	X	0	0	X	0	0
Add Strawberry topping	0	0	X	0	0	0	0	0
Add Apple topping	0	0	X	0	0	0	0	0
Make it a breakfast - bacon	X	0	0	0	0	0	0	0
Make it a breakfast - sausage	X	0	0	0	0	X	0	0
Cinnama-sation French Toast	X	0	X	0	0	X	X	X
Cinnama-sation Oregon Farmer Style-Sausage	X	0	X	0	0	X	X	X
Cinnama-sation Oregon Farmer Style-Bacon	X	0	X	0	0	X	X	X
Shari's Potato Pancakes	0	0	X	0	0	X	0	0
Fresh Caramel Pecan Cinnamon Roll	X	0	X	0	0	X	X	X
Cinnama-sation Roll	X	0	X	0	0	X	0	X
Ultimate Country Fried Steak	X	0	X	0	0	X	0	X
USDA Top Sirloin Steak	X	0	X	0	0	X	0	0
Center Cut USDA New York Strip Steak	X	0	X	0	0	X	0	0
Pancakes	X	0	X	0	0	X	0	X
French Toast	X	0	X	0	0	X	0	X
Add Butter & Syrup	0	0	X	0	0	X	0	0
Biscuits & Gravy (1)	0	0	X	0	0	X	0	X
White	0	0	X	0	0	X	0	X
Wheat	0	0	X	0	0	X	0	X
Sourdough	0	0	X	0	0	X	0	X
Rye	0	0	X	0	0	X	0	X
Breakfast Standard Bacon & Eggs	X	0	0	0	0	X	0	0
Breakfast Standard Sausage & Eggs	X	0	0	0	0	X	0	0
Pancakes	X	0	X	0	0	X	0	X
French Toast	X	0	X	0	0	X	0	X
Add Butter & Syrup	0	0	X	0	0	X	0	0
Biscuits & Gravy (2)	0	0	X	0	0	X	0	X
Hashbrowns & White	0	0	X	0	0	X	0	X
Hashbrowns & Wheat	0	0	X	0	0	X	0	X
Hashbrowns & Sourdough	0	0	X	0	0	X	0	X
Hashbrowns & Rye	0	0	X	0	0	X	0	X
The Shari's Sampler	X	0	X	0	0	X	0	X
Bone-in Hickory Ham and Potato Pancakes	X	0	X	0	0	X	0	0
White	0	0	X	0	0	X	0	X
Wheat	0	0	X	0	0	X	0	X
Sourdough	0	0	X	0	0	X	0	X
Rye	0	0	X	0	0	X	0	X
Meat Lover's Frittata	X	0	X	0	0	X	0	X
BMP Frittata	X	0	X	0	0	X	0	X
Spring Spinach Omelette	X	0	X	0	0	X	0	0
Denver Omelette	X	0	X	0	0	X	0	0
Country Omelette	X	0	X	0	0	X	0	0
Pancakes	X	0	X	0	0	X	0	X
French Toast	X	0	X	0	0	X	0	X
Add Butter & Syrup	0	0	X	0	0	X	0	0
Biscuits & Gravy (2)	0	0	X	0	0	X	0	X
Hashbrowns & White	0	0	X	0	0	X	0	X
Hashbrowns & Wheat	0	0	X	0	0	X	0	X
Hashbrowns & Sourdough	0	0	X	0	0	X	0	X
Hashbrowns & Rye	0	0	X	0	0	X	0	X
Eggs Benedict with Hashbrowns	X	0	X	0	0	X	0	X

	Egg	Fish	Milk	Pnut	Sfish	Soy	Tnut	Wht
Eggs Benedict with Fruit	X	0	X	0	0	X	0	X
Breakfast Panini	X	0	X	0	0	X	0	X
BMP Breakfast Quiche	X	0	X	0	0	X	0	X
Lorraine Breakfast Quiche	X	0	X	0	0	X	0	X
Broccoli, Ham & Cheese Breakfast Quiche	X	0	X	0	0	X	0	X
Side Stuffed Hashbrowns	0	0	X	0	0	X	0	0
Side of Biscuits & Gravy (3)	0	0	X	0	0	X	0	X
Side of Bacon	0	0	0	0	0	0	0	0
Side of Sausage	0	0	0	0	0	0	0	0
Two Eggs	X	0	0	0	0	X	0	0
Burst-O-Berry Pie Muffin Slice	X	0	X	0	0	X	0	X
Side of Biscuits (2)	0	0	X	0	0	X	0	X
Side of English Muffin	0	0	X	0	0	X	0	X
Side of White Toast	0	0	X	0	0	X	0	X
Side of Wheat Toast	0	0	X	0	0	X	0	X
Side of Sourdough Toast	0	0	X	0	0	X	0	X
Side of Rye Toast	0	0	X	0	0	X	0	X
Bowl of Fresh Fruit	0	0	0	0	0	0	0	0
Side of Cottage Cheese	0	0	X	0	0	0	0	0
Steel Cut Oatmeal	0	0	0	0	0	0	0	0
Add Milk, Raisins, Cranberries and Pecans	0	0	X	0	0	0	X	0
Strawberry-Banana Yogurt Smoothie	0	0	X	0	0	0	0	0
Tropical Mango Smoothie	0	0	0	0	0	0	0	0

Lunch

	Egg	Fish	Milk	Pnut	Sfish	Soy	Tnut	Wht
4 Way Grill Cheese Whole	X	0	X	0	0	X	0	X
4 Way Grilled Cheese Half	X	0	X	0	0	X	0	X
Deli Sandwich with Turkey Whole	0	0	0	0	0	0	0	X
Deli Sandwich with Turkey Half	0	0	0	0	0	0	0	X
Deli Sandwich with Ham Half	0	0	0	0	0	X	0	X
Deli Sandwich with Ham Whole	0	0	0	0	0	X	0	X
BLT Half Sandwich	X	0	X	0	0	X	0	X
BLT Whole Sandwich	X	0	X	0	0	X	0	X
Deli Chicken Salad Sandwich Half	X	0	X	0	0	X	X	X
Deli Chicken Salad Sandwich Whole	X	0	X	0	0	X	X	X
Quiche, BMP Trio	X	0	X	0	0	0	0	X
Quiche, Ham & Cheese Trio	X	0	X	0	0	0	0	X
Quiche, Lorraine Trio	X	0	X	0	0	0	0	X
Dinner Salad	0	0	X	0	0	0	0	X
Ranch Dressing	X	0	X	0	0	X	0	0
Blue Cheese Dressing	X	0	X	0	0	X	0	0
Thousand Island Dressing	X	0	0	0	0	X	0	0
Honey Mustard Dressing	X	0	0	0	0	X	0	0
Fat Free Raspberry Vinaigrette Dressing	0	0	0	0	0	0	0	0
Vinegar and Oil	0	0	0	0	0	0	0	0
Toasted Sesame Dressing	X	0	0	0	0	X	0	X
Low Fat Balsamic Vinaigrette Dressing	0	0	0	0	0	X	0	X
Toasted Sesame Salad	X	0	X	0	0	X	X	X
Caesar Side Salad	X	X	X	0	0	X	0	X
Side Spinach Salad	X	0	0	0	0	X	X	X
Side Caprese Salad	0	0	X	0	0	X	0	0
Soup, Cup Chicken Tortilla	0	0	X	0	0	X	0	X
Soup, Cup Split Pea with Ham	0	0	0	0	0	X	0	X
Soup, Cup Creamy Spinach Artichoke	0	0	X	0	0	X	0	X
Soup, Cup Chicken Noodle	X	0	0	0	0	X	0	X
Soup, Cup Clam Chowder	0	X	X	0	X	X	0	X



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Lunch, continued

	Egg	Fish	Milk	Pnut	Sfish	Soy	Tnut	Wht
Soup, Cup Broccoli Cheese	0	0	X	0	0	X	X	0
Soup, Cup of Loaded Potato	0	0	X	0	0	X	0	X
Soup, Bowl Chicken Tortilla	0	0	X	0	0	X	0	X
Soup, Bowl Split Pea with Ham	0	0	0	0	0	X	0	X
Soup, Bowl Creamy Spinach Artichoke	0	0	X	0	0	X	0	X
Soup, Bowl Chicken Noodle	X	0	0	0	0	X	0	X
Soup, Bowl Clam Chowder	0	X	X	0	X	X	0	X
Soup, Bowl Broccoli Cheese	0	0	X	0	0	X	X	0
Soup, Bowl of Loaded Potato	0	0	X	0	0	X	0	X
Salmon Caesar Salad	X	X	X	0	0	X	0	X
Chicken Caesar Salad	X	X	X	0	0	X	0	X
Northwest Steak Salad	0	0	X	0	0	X	X	X
Rustic Tuscan Chicken Salad	X	0	X	0	0	X	0	X
Spinach Cobb Salad	X	0	X	0	0	X	0	X
Prime Rib Dip	X	0	X	0	0	X	0	X
Philly Steak Sub	X	0	X	0	0	X	0	X
Crispy Chicken BLT	X	0	X	0	0	X	0	X
Shari's Clubhouse	X	0	X	0	0	X	0	X
Cuban Sandwich	0	0	X	0	0	X	0	X
Pastrami Panini	0	0	X	0	0	X	0	X
Hot Turkey Sandwich	0	0	X	0	0	X	0	X
Trail Boss	X	0	X	0	0	X	0	X
Mushroom-Swiss Burger	X	0	X	0	0	X	0	X
Bavarian Burger	0	0	X	0	0	X	0	X
Mediterranean Burger	X	0	X	0	0	X	0	X
Ranch Hand BBQ Bacon Cheeseburger	X	0	X	0	0	X	0	X
Hamburger	0	0	X	0	0	X	0	X
Cheddar Cheeseburger	0	0	X	0	0	X	0	X
Swiss Cheeseburger	0	0	X	0	0	X	0	X
Bleu Cheeseburger	0	0	X	0	0	X	0	X
Pepperjack Cheeseburger	0	0	X	0	0	X	0	X
French Fries	0	0	0	0	0	X	0	0
Tater Tots with Chipotle Mayo	X	0	0	0	0	X	0	0
Tater Tots no sauce	0	0	0	0	0	X	0	0
Dinner Salad	0	0	X	0	0	0	0	X
Ranch Dressing	X	0	X	0	0	X	0	0
Blue Cheese Dressing	X	0	X	0	0	X	0	0
Thousand Island Dressing	X	0	0	0	0	X	0	0
Honey Mustard Dressing	X	0	0	0	0	X	0	0
Fat Free Raspberry Vinaigrette Dressing	0	0	0	0	0	0	0	0
Vinegar and Oil	0	0	0	0	0	0	0	0
Toasted Sesame Dressing	X	0	0	0	0	X	0	X
Low Fat Balsamic Vinaigrette Dressing	0	0	0	0	0	X	0	0
Toasted Sesame Salad	X	0	X	0	0	X	X	X
Caesar Side Salad	X	X	X	0	0	X	0	X
Side Spinach Salad	X	0	0	0	0	X	X	X
Side Caprese Salad	0	0	X	0	0	X	0	0
Turkey Burger	0	0	0	0	0	X	0	X

Appetizers

	Egg	Fish	Milk	Pnut	Sfish	Soy	Tnut	Wht
Porchetta Sliders	X	0	X	0	0	X	0	X
BBQ Pulled Pork Nachos	0	0	X	0	0	X	0	0
Wings Your Way								
Original Hot Wing with Blue Cheese Dressing	X	0	X	0	0	X	0	0
Galicky Chimichurri	0	0	0	0	0	0	0	0
Hickory-Molasses BBQ	0	0	0	0	0	0	0	0
Balsamic Glaze	0	0	0	0	0	X	0	0
Design your own Sampler Pick Four								
Chicken Tenders (2)	X	0	X	0	0	X	0	X
Mozzarella Sticks(5)	0	0	X	0	0	X	0	X
Onion Rings(6)	0	0	0	0	0	X	0	X
Golden Shrimp(4)	0	0	X	0	X	X	0	X
Tater Tots	0	0	0	0	0	X	0	0
French Fries	0	0	0	0	0	X	0	0
Marinara Sauce	0	0	0	0	0	X	0	0
BBQ Sauce	0	0	0	0	0	0	0	0
Ranch	X	0	X	0	0	X	0	0
Cocktail Sauce	0	0	0	0	X	X	0	0
Onion Rings with Honey Mustard & BBQ sauce	X	0	0	0	0	X	0	X
Mozzarella Sticks with Marinara	0	0	X	0	0	X	0	X

Dinners

	Egg	Fish	Milk	Pnut	Sfish	Soy	Tnut	Wht
New York Strip Steak	0	0	X	0	0	X	0	X
Top Sirloin Steak	0	0	X	0	0	X	0	X
Stuffed Hashbrowns	0	0	X	0	0	X	0	0
Loaded Mashed Potatoes	0	0	X	0	0	0	0	0
Baked Potato	0	0	0	0	0	0	0	0
Add Butter & Sour Cream	0	0	X	0	0	X	0	0
Steakhouse Sides Add On								
Sauteed Mushrooms	0	0	X	0	0	X	0	0
Thick Cut Onion Rings	0	0	0	0	0	X	0	X
Garlic Parmesan Tater Tots	0	0	X	0	0	X	0	0
Steakhouse Mac 'n Cheese	0	0	X	0	0	0	0	X
Seafood Additions								
Two Shrimp Skewers	0	0	X	0	X	X	0	0
Golden Fried Shrimp	0	0	X	0	X	X	0	X
Cocktail Sauce	0	0	0	0	X	X	0	0
Shrimp Scampi	0	0	X	0	X	X	0	0
Toppings								
Garlicky Chimichurri Sauce	0	0	0	0	0	0	0	0
Blue Cheese Crumbles with Onion Strings	0	0	X	0	0	0	0	X
Cedar Plank Salmon	0	X	X	0	0	X	X	X
Grilled Chicken Mozzarella Bruschetta	0	0	X	0	0	X	X	X
Beer-Batter Fish & Chips	X	X	0	0	0	X	0	X
Chicken & Waffles	X	0	X	0	0	X	0	X
Country Fried Steak	X	0	X	0	0	X	0	X
Prime Rib Stroganoff	X	0	X	0	0	X	0	X
Slow Cooked Pot Roast	X	0	X	0	0	X	0	X
Chicken -Mushroom Alfredo	X	0	X	0	0	X	0	X
Dinner Salad	0	0	X	0	0	0	0	X
Ranch Dressing	X	0	X	0	0	X	0	0
Blue Cheese Dressing	X	0	X	0	0	X	0	0
Thousand Island Dressing	X	0	0	0	0	X	0	0
Honey Mustard Dressing	X	0	0	0	0	X	0	0



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Dinners, continued

	Egg	Fish	Milk	Pnut	Sfish	Soy	Tnut	Wht
Fat Free Raspberry Vinaigrette Dressing	0	0	0	0	0	0	0	0
Vinegar and Oil	0	0	0	0	0	0	0	0
Toasted Sesame Dressing	X	0	0	0	0	X	0	X
Low Fat Balsamic Vinaigrette Dressing	0	0	0	0	0	X	0	0
Toasted Sesame Salad	X	0	X	0	0	X	X	X
Caesar Side Salad	X	X	X	0	0	X	0	X
Side Spinach Salad	X	0	0	0	0	X	X	X
Side Caprese Salad	0	0	X	0	0	X	0	0
Soup, Cup Chicken Tortilla	0	0	X	0	0	X	0	X
Soup, Cup Split Pea with Ham	0	0	0	0	0	X	0	X
Soup, Cup Creamy Spinach Artichoke	0	0	X	0	0	X	0	X
Soup, Cup Chicken Noodle	X	0	0	0	0	X	0	X
Soup, Cup Clam Chowder	0	X	X	0	X	X	0	X
Soup, Cup Broccoli Cheese	0	0	X	0	0	X	X	0
Soup, Cup of Loaded Potato	0	0	X	0	0	X	0	X

Honored Menu

	Egg	Fish	Milk	Pnut	Sfish	Soy	Tnut	Wht
Breakfast								
Honored Pancakes	X	0	X	0	0	X	0	X
Honored French Toast	X	0	X	0	0	X	0	X
Add Butter & Syrup	0	0	X	0	0	X	0	0
Add Strawberry Topping	0	0	X	0	0	0	0	0
Add Apple Topping	0	0	X	0	0	0	0	0
Add Bacon	0	0	0	0	0	0	0	0
Add Sausage	0	0	0	0	0	0	0	0
Honored Bacon & Egg	X	0	0	0	0	X	0	0
Honored Sausage & Egg	X	0	0	0	0	X	0	0
Honored Ham & Ch Omelette	X	0	X	0	0	0	0	0
Honored Bacon & Ch Omelette	X	0	X	0	0	0	0	0
Honored Sausage & Ch Omelette	X	0	X	0	0	0	0	0
Honored Country Fried Steak & Egg	X	0	X	0	0	X	0	X
Pancakes	X	0	X	0	0	X	0	X
French Toast	X	0	X	0	0	X	0	X
Add Butter & Syrup	0	0	X	0	0	X	0	0
Hashbrowns & White	0	0	X	0	0	X	0	X
Hashbrowns & Wheat	0	0	X	0	0	X	0	X
Hashbrowns & Sourdough	0	0	X	0	0	X	0	X
Hashbrowns & Rye	0	0	X	0	0	X	0	X
Honored Egg Benedict with Browns	X	0	X	0	0	X	0	X
Honored Egg Benedict with Fruit	X	0	X	0	0	X	0	X
Honored Mexi-Skillet	X	0	X	0	0	X	0	0
Dinners								
Honored Sirloin Steak Dinner	X	0	X	0	0	X	0	X
Honored Country Fried Steak	X	0	X	0	0	X	0	X
Honored Southern Fried Chicken Strips	X	0	X	0	0	X	0	X
Honored Seafood Combo	X	X	X	0	X	X	0	X
Honored Lemon Pepper Grilled Salmon	X	X	X	0	0	X	0	X
Dinner Salad	0	0	X	0	0	0	0	X
Ranch Dressing	X	0	X	0	0	X	0	0
Blue Cheese Dressing	X	0	X	0	0	X	0	0
Thousand Island Dressing	X	0	0	0	0	X	0	0
Honey Mustard Dressing	X	0	0	0	0	X	0	0
Fat Free Raspberry Vinaigrette Dressing	0	0	0	0	0	0	0	0
Vinegar and Oil	0	0	0	0	0	0	0	0
Toasted Sesame Dressing	X	0	0	0	0	X	0	X
Low Fat Balsamic Vinaigrette Dressing	0	0	0	0	0	X	0	0

Honored, continued

	Egg	Fish	Milk	Pnut	Sfish	Soy	Tnut	Wht
Toasted Sesame Salad	X	0	X	0	0	X	X	X
Caesar Side Salad	X	X	X	0	0	X	0	X
Side Spinach Salad	X	0	0	0	0	X	X	X
Side Caprese Salad	0	0	X	0	0	X	0	0
Soup, Cup Chicken Tortilla	0	0	X	0	0	X	0	X
Soup, Cup Split Pea with Ham	0	0	0	0	0	X	0	X
Soup, Cup Creamy Spinach Artichoke	0	0	X	0	0	X	0	X
Soup, Cup Chicken Noodle	X	0	0	0	0	X	0	X
Soup, Cup Clam Chowder	0	X	X	0	X	X	0	X
Soup, Cup Broccoli Cheese	0	0	X	0	0	X	X	0
Soup, Cup of Loaded Potato	0	0	X	0	0	X	0	X
Baked Potato	0	0	0	0	0	0	0	0
Add Butter & Sour Cream	0	0	X	0	0	X	0	0
French Fries	0	0	0	0	0	X	0	0
Tater Tots with Chipotle Mayo	X	0	0	0	0	X	0	0
Tater Tots no sauce	0	0	0	0	0	X	0	0
Red Skin Mashed Potato	0	0	X	0	0	0	0	0
Red Skin Mashed Potato with Demi Gravy	0	0	X	0	0	0	0	X
Rice Pilaf	0	0	X	0	0	X	X	X
Key West Vegetables	0	0	X	0	0	X	0	0
Honored Slow Cooked Pot Roast	X	0	X	0	0	X	0	X
Honored Spinach Cobb Salad	X	0	X	0	0	X	0	X

Kids Menu

	Egg	Fish	Milk	Pnut	Sfish	Soy	Tnut	Wht
Pie-O-Neer Pancake	X	0	X	0	0	X	0	X
Homesteader Breakfast	X	0	0	0	0	X	0	X
Get-a-long Little Doggies	X	0	X	0	0	X	0	X
Mountaineer Mac & Cheese	0	0	X	0	0	0	0	X
Gold Rush Grilled Cheese	0	0	X	0	0	X	0	X
Pie-O-Neer' Platter	X	0	X	0	0	X	0	X
Mini-Mountaineer Burgers	0	0	X	0	0	0	0	X
Wagon Train Chicken Strips	X	0	X	0	0	X	0	X
Wagon Train Grilled Chicken	0	0	0	0	0	0	0	0
Settler's Sides								
Hoedown Hashbrowns	0	0	0	0	0	X	0	0
Campfire Smoked Bacon	0	0	0	0	0	0	0	0
Adventurer's Veggies	X	0	X	0	0	X	0	X
Cross Country Cottage Cheese	0	0	X	0	0	0	0	0
Frontier Fries	0	0	0	0	0	X	0	0
Soup, Cup Chicken Tortilla	0	0	X	0	0	X	0	X
Soup, Cup Split Pea with Ham	0	0	0	0	0	X	0	X
Soup, Cup Creamy Spinach Artichoke	0	0	X	0	0	X	0	X
Soup, Cup Chicken Noodle	X	0	0	0	0	X	0	X
Soup, Cup Clam Chowder	0	X	X	0	X	X	0	X
Soup, Cup Broccoli Cheese	0	0	X	0	0	X	X	0
Slices o'Orange	0	0	0	0	0	0	0	0
Applegate Trail Sauce	0	0	0	0	0	0	0	0
Stage Coach Salad	0	0	X	0	0	0	0	X
Ranch Dressing	X	0	X	0	0	X	0	0
Blue Cheese Dressing	X	0	X	0	0	X	0	0
Thousand Island Dressing	X	0	0	0	0	X	0	0
Honey Mustard Dressing	X	0	0	0	0	X	0	0
Fat Free Raspberry Vinaigrette Dressing	0	0	0	0	0	0	0	0
Vinegar and Oil	0	0	0	0	0	0	0	0
Toasted Sesame Dressing	X	0	0	0	0	X	0	X
Low Fat Balsamic Vinaigrette Dressing	0	0	0	0	0	X	0	0



ALLERGENS

Pies & Desserts

	Egg	Fish	Milk	Pnut	Sfish	Soy	Tnut	Wht
Sliced Pies								
Peach Perfection Pie	X	0	0	0	0	X	0	X
Granny's Apple Pie	X	0	0	0	0	X	0	X
No Sugar Granny's Apple Pie	X	0	X	0	0	X	0	X
Strawberry Rhubarb Delight	X	0	X	0	0	0	0	X
Sweet Montana Cherry	X	0	0	0	0	X	0	X
Northwest Berry Trio	X	0	0	0	0	X	0	X
Tropical Coconut Cream	X	0	X	0	0	X	X	X
Lemon Meringue Delight	X	0	0	0	0	X	X	X
Chocolate Cream Supreme	X	0	X	0	0	X	0	X
Oregon Marionberry	X	0	X	0	0	0	0	X
No Sugar Oregon Marionberry	X	0	X	0	0	X	0	X
Fresh Pecan	X	0	0	0	0	X	X	X
Velvet Chocolate Silk	X	0	X	0	0	X	0	X
S'mores Galore	X	0	X	0	0	X	X	X
Sour Cream Lemon	X	0	X	0	0	X	0	X
Banana Cream Dream	X	0	X	0	0	X	X	X
Creamy Caramel Pecan Crunch	X	0	X	X	0	X	X	X
Peanut Butter Chocolate Silk	X	0	X	X	0	X	X	X
Cookies 'n Cream	X	0	X	0	0	X	0	X
Vanilla Shake -Add Pie Above	0	0	X	0	0	0	0	0
Desserts								
Banana Split	0	0	X	X	0	0	X	0
Turtle Sundae	X	0	X	X	0	X	X	X
Chocolate Lava Cake	X	0	X	X	0	X	X	X
Carrot Cake	X	0	X	0	0	X	X	X
Cheesecake	X	0	X	0	0	X	0	X
Strawberry Cheesecake	X	0	X	0	0	X	0	X
Apple Cheesecake	X	0	X	0	0	X	0	X
Apple Pie a'la Jar	X	0	X	0	0	X	0	X

Beverages

	Egg	Fish	Milk	Pnut	Sfish	Soy	Tnut	Wht
Pepsi	0	0	0	0	0	0	0	0
Diet Pepsi	0	0	0	0	0	0	0	0
Mountain Dew	0	0	0	0	0	0	0	0
Root Beer	0	0	0	0	0	0	0	0
Dr Pepper	0	0	0	0	0	0	0	0
Arnold Palmer	0	0	0	0	0	0	0	0
Lemonade	0	0	0	0	0	0	0	0
Strawberry Lemonade	0	0	0	0	0	0	0	0
Cranberry Lemonade	0	0	0	0	0	0	0	0
Regular Milk	0	0	X	0	0	0	0	0
Large Milk	0	0	X	0	0	0	0	0
Regular Orange Juice	0	0	0	0	0	0	0	0
Large Orange Juice	0	0	0	0	0	0	0	0
Regular Apple Juice	0	0	0	0	0	0	0	0
Large Apple Juice	0	0	0	0	0	0	0	0
Regular Cranberry Juice	0	0	0	0	0	0	0	0
Large Cranberry Juice	0	0	0	0	0	0	0	0
Regular Tomato Juice	0	0	0	0	0	0	0	0
Large Tomato Juice	0	0	0	0	0	0	0	0
Caramel Macchiato Frappe	0	0	X	0	0	0	0	0
Strawberry-Banana Smoothie	0	0	X	0	0	0	0	0
Tropical Mango Smoothie	0	0	0	0	0	0	0	0
Cappuccino	0	0	X	0	0	0	0	0
Hot Chocolate	0	0	X	0	0	X	0	0



Product Information Disclaimer

Sharis is committed to meeting the needs of our guest by providing them with the information they need to make nutritiously wise decisions. The nutritional part can also be found on the website at www.Sharis.com/pdf/nutritional-info.pdf. Sharis attempts to provide nutrition and ingredient information that is as complete as possible but due to product preparation and portion size variations this information can only be viewed as approximate and not exact. The nutrition analysis is compiled from data provided by product suppliers and manufacturers for ingredients furnished to Sharis in their precooked form. Although we believe these sources to be reliable, we cannot guaranty the accuracy of the product information provided to us. While the ingredient information is based on standard product formulations, variations may occur depending on the local supplier, the region of the country and the season of the year. Further, product formulations change periodically. Some menu items may not be available at all restaurants. Test products, test formulations or regional items have not been included. Some of our products are seasoned with seasoning salt, paprika, Big & Bold or Lemon Pepper seasonings as part of the preparation process in our restaurants.